



WV Becoming an Outdoors-Woman  
Welcome and Registration Information

Thanks for your interest in the WV Becoming an Outdoors-Woman program. During the weekend workshop, you will have the opportunity to take four classes that will introduce you to a variety of outdoor skills. Please review the various course descriptions before making your choices. We ask that you make four choices for each session, just in case your first class choice has been closed. Each workshop offers a different variety of classes, so if you don't see a class offered this spring, it may be offered next fall. We keep all the classes small and manageable so that you can have a productive learning experience. And, classes are offered usually based on instructor availability. So, if there's a class you definitely want to take, please send in your information as quickly as possible.

Also, many women bring a friend or relative with them to the workshop...we even encourage it through the Bring a Friend Registration Rate. To qualify for this rate, you must bring someone **NEW** to the workshop. Some women come year after year and consider our weekend workshops a reunion. If you have a particular person with whom you want to share a room, please list them on your registration form after you have made sure that they are also coming. If you don't have anyone in particular that you want to room with, don't worry because this is a great opportunity to make some new friends!

Payment is required prior to the workshop via phone, by mail, or by fax. Unfortunately the BOW program cannot provide refunds, although substitutes are permitted. (See the registration form for details.) **Some classes will have an extra charge to cover the cost of the instructor or materials. In some classes we previously provided hardback books, but we can no longer cover that cost. We will now offer the books at our cost, but you do not have to purchase the books to take the class. Books will be available for purchase at the workshop registration desk.**

We will continue with breakfast on your own. Also, lunch is on your own before the start of classes on Friday. Dinner will be provided on Friday and lunch and dinner will be provided on Saturday (in the dining area).

Our goal is to encourage women to Step Outside® and explore our outdoors, in a comforting non-threatening atmosphere. We have participants from various parts of West Virginia and also from other states. So, please come and have a great and relaxing weekend with a great bunch of women. If you have any questions or you may be interested in teaching a class at a future workshop, please feel free to contact me at 304-558-2771 or [billieshearer@wvdnr.gov](mailto:billieshearer@wvdnr.gov).

I'll see you in April!

Billie Shearer  
Acting WV BOW Coordinator

WV Becoming an Outdoors-Woman  
Canaan Valley Resort, Davis, WV  
April 23-25, 2010

Please complete both pages of the registration form completely.

Name \_\_\_\_\_ Phone Number \_\_\_\_\_  
Female \_\_\_\_ Male \_\_\_\_ Age \_\_\_\_  
Address: \_\_\_\_\_  
E-mail \_\_\_\_\_  
\_\_\_\_\_

Please list your four choices for each session in order of preference

Session 1	Session 2	Session 3	Session 4
1 <sup>st</sup> _____	1 <sup>st</sup> _____	1 <sup>st</sup> _____	1 <sup>st</sup> _____
2 <sup>nd</sup> _____	2 <sup>nd</sup> _____	2 <sup>nd</sup> _____	2 <sup>nd</sup> _____
3 <sup>rd</sup> _____	3 <sup>rd</sup> _____	3 <sup>rd</sup> _____	3 <sup>rd</sup> _____
4 <sup>th</sup> _____	4 <sup>th</sup> _____	4 <sup>th</sup> _____	4 <sup>th</sup> _____

Workshop Fees

\_\_\_\_ \$150 Full Price

\_\_\_\_ \$125 Bring a Friend Reduced Rate (all forms and fees must be sent together)

Payment Methods

\_\_\_\_ Check made to WV BOW enclosed

\_\_\_\_ Please charge to my credit card (Visa/Mastercard/Discover)

Number: \_\_\_\_\_

exp date \_\_\_\_ Signature \_\_\_\_\_

**Return registration form with appropriate funds by April 2, 2010!!!!!!**

By fax: 304-558-3147 (credit card only) Attn: BOW Registration

By phone: 304-558-2771

By mail: WV DNR--Wildlife Resources Section

Attn: BOW

324 Fourth Avenue

Room 303

So. Charleston, WV 25303



Registration, page 2.

At Canaan most of us will be staying at the lodge. Sheets and towels will be provided.

Please list roommate choices:

_____	_____
_____	_____
_____	_____

If the workshop is full when you register, do you wish to be placed on a waiting list for possible cancellations?

☐ Yes, place me on the waiting list.

☐ No, I'll wait until I can attend another workshop

The applicant, by signing below, recognizes that the program involves some risk and takes responsibility for all actions or injury that may result by participating.

Signature \_\_\_\_\_

*No pets please!*

Upon receipt of your registration and payment, you will be sent a confirmation letter. Equipment will be provided, but students are encouraged to bring their own as mentioned in course descriptions. Due to the increased cost and popularity of the workshops, **refunds will no longer be provided although you can name a substitute.**

## Course Offerings

### Session 1 (Friday PM)

Backpacking Overnight (two sessions)  
Beginning Fishing  
Canning  
Firearms Safety  
Fly Fishing I  
Mountain Biking I  
Mushroom Identification  
Nature Craft  
Stream Ecology  
Turkey Hunting and Calling  
Wilderness First Aid

### Session 2 (Saturday AM)

Archery  
Backpacking Overnight (two sessions)  
Deer Hunting  
Digital Nature Photography  
Dutch Oven  
Fly Fishing II  
Nature Walk  
Rifle  
Shotgun  
Upcycled Jewelry

### Session 3 (Saturday PM)

Basic Camping  
Beginning Canoeing  
Bow Hunting  
Fly Tying  
Fly Fishing II  
Mountain Biking II  
Mushroom Identification  
Rifle  
Shotgun  
Stream Fishing  
Wilderness First Aid

### Session 4 (Sunday AM)

Digital Nature Photography  
Handgun  
Mountain Biking II  
Nature Walk  
Outdoor Survival  
Self Defense  
Stream Ecology  
Trapping  
Upcycled Jewelry  
Wildgame Cooking

## Course Descriptions

### **Archery—Instructors: Pam Slaughter**

Participants will learn bow safety, how to fit and select equipment, and the art of shooting. Equipment will be provided, but students are encouraged to bring their own equipment (no broad heads, please).

### **Backpacking Overnighter (Two Sessions)—Instructors: Kim Beach-Shaffer and Pam Wyant**

This course will provide the skills and know-how for enjoying the backcountry by combining instruction with an overnight backpacking trip. Participants will learn about equipment, how to pack a pack, setting up and breaking down camp, food preparation, basic safety and wilderness etiquette. Food and equipment will be provided.

### **Basic Camping—Instructor: Janet Clayton**

How do you set up camp and still have a relaxing and peaceful experience? In this class, you'll learn about choosing the best location, setting up camp and making outdoor cooking simple.

### **Beginning Canoeing—Instructor: Pam Wyant**

Instruction will cover the basics: carrying the canoe to the water, getting in and out of a canoe, team paddling, and proper strokes, portaging, tying down on a car rack, and other special pointers. You will be getting out on the lake to practice your skills.

**Beginning Fishing—Instructors: Zack Brown**

This course will provide hands on instruction from choosing equipment to landing the fish. Learn the fundamentals of rod and reel handling, casting, knot tying and tackle. Equipment will be provided, but participants are encouraged to bring their own. (If you would like to purchase a book, the cost is \$11.50. You do not have to purchase the book to take the class.)

**Bow Hunting – Instructor: Pam Slaughter**

Learn basic information about hunting with your bow and arrow. Also learn facts on how an arrow harvests game, bow hunting safety, how to practice for bowhunting, lures, calls, scents, bowhunting methods, shot placement, and the responsibilities of being a bowhunter.

**Canning — Instructors: Debra Walker and Pam Glasser**

Learn what tools and the simple technique needed to preserve your game meat. Making tasteful dishes for dinner does not have to begin hours before with thawing out the meat. In this class you will be preparing the meat, packing the jars and canning. (If you would like to purchase a book, the cost is \$5.50. You do not have to purchase the book to take the class.)

**Deer Hunting – Instructor: Janet Clayton**

An introduction to what you need to know to go deer hunting from scouting to deer ecology and firearms to clothing.

**Digital Nature Photography – Instructor: Kim Racer**

Whether you're on vacation, taking a hike near home, or relaxing in your backyard, you can capture nature's beauty in great digital images. Ever wonder why those "perfect" pictures did not turn out? Join us in this class where we will explore the lowdown on outdoor gear, how to overcome common exposure problems, compose shots and shoot sharp pictures without a tripod. Lastly, we will find valuable information on what to do with your images once you've taken them. It's easy to share the places, flora, and fauna you see with friends and family in high quality pictures. Please bring Digital Camera, any accessories you may have, and any pictures you want to share. Wear comfortable clothes and shoes, we will be taking pictures.

**Dutch Oven Cooking—Instructor: Dee Robinson**

Complete meals can be cooked in a Dutch Oven whether it's breakfast or dinner. Learn how while practicing 3-4 recipes during class, then enjoy eating the results. You will also learn about the preparation and care of the oven and different equipment that can be used.

**Firearms Safety—Instructor: Carol Stewart**

This course will cover the basic types of firearms, firearms safety, gun handling, and the basics of selecting and purchasing firearms. This course is **required** for those wishing to take rifle, shotgun, and handgun classes.

**Fly Tying —Instructors: Marie Mason and Jeff Chidester**

Learn the art of fly tying. You will be presented with materials and tools which are needed and learn their various uses. Then, you will try your hand at tying some basic fly patterns. (If you would like to purchase a book, the cost is \$15.50. You do not have to purchase the book to take the class.)

**Fly Fishing I—Instructors: Paula Voldeck, Pamela Glasser, and Jeff Chidester**

Learn the basics of casting and fly presentation, fly design, knot tying, selection of equipment, and basic knowledge and understanding of fly fishing. Participants are encouraged to bring their own equipment, but equipment will be provided for first timers as well. (If you would like to purchase a book, the cost is \$11.50. You do not have to purchase the book to take the class.)

**Fly Fishing II—Instructors: Paula Voldeck, Pamela Glasser, and Jeff Chidester**

Take your knowledge learned from Fly Fishing I to the next level. You will visit a local stream and practice your casting skills and hopefully catch a fish using a fly rod. You will need to bring your lunch, water and snacks as we plan to leave early Saturday morning and return at the end of Saturday afternoon's session. Participants are to bring waders and wading shoes or old shoes. You also need to bring rain gear, hat and polarized sunglasses. A walking stick is optional. Fly rods, reels and flies will be provided. The stream may be slippery. **(This class will run two sessions) Prerequisite: Fly Fishing 1 class from Trout Unlimited or BOW. This is not a beginner class.**

**Handgun Hunting — Instructors: Debbie and Vernon Nosse**

You will have the opportunity to learn gun safety and shooting techniques specific to handguns. You may bring your own, but you must also provide your own ammunition if not using .22 or 38 sp. **Prerequisite: BOW firearm safety class or hunter education certification.**

**Mountain Biking I – Instructor: Steve Marshall**

Learn the equipment basics, “rules of the road” and have the opportunity to ride on a level I course. We will have bikes and helmets available, but you are encouraged to bring your own.

**Mountain Biking II—Instructor: Steve Marshall**

This is a more advanced Mountain Biking class and therefore will be building on skills learned in a previous Mountain Biking I class. There will be more discussion on gears, brakes, and technical navigation and you will also bike on a more challenging local mountain bike trail. Please wear comfortable clothing, and if you like, bring pads for knees and elbows, and wear tennis shoes or cycling shoes. **Prerequisite:** Mountain Biking I or a good knowledge of mountain biking.

**Mushroom Identification – Instructor: Walt Sturgeon**

If you have an interest in mushrooms, this is the class for you. You will learn how to identify all mushroom in West Virginia.

**Nature Craft—Instructor: Marie Mason and Kim Racer**

Do you want to get in touch with your crafting side? Come and learn to make a nature craft to take home with you. All materials and tools will be provided.

**Nature Walk – Instructor:**

Take a walk at Dolly Sods. This is a beautiful area and we don't want to miss this opportunity to visit.

**Outdoor Survival – Instructors: Kim Beach-Shaffer and Pam Wyant**

A survival situation can happen to anyone at anytime, from a novice to an experienced outdoors person. This workshop will discuss common survival stresses, symptoms of panic and taming your emotions, common survival situations, improvisation as a key to survival, basic skills and much more.

**Rifle—Instructors: Debbie and Vernon Nosse**

You will have the opportunity to learn gun safety and shooting techniques specific to rifles. Equipment will be provided, but you may bring a cased firearm to the class. You will need instructor's approval to use your personal firearm. **Prerequisite:** BOW Firearms Safety class or hunters' safety certification card.

**Self Defense—Instructor: Ami Minor**

Improve your confidence while enjoying the outdoors! This course teaches unarmed self defense and personal safety. Focus will be on simple assault prevention techniques and basic martial arts skills needed to defend

yourself. Participants should be prepared for moderate levels of physical activity and wear comfortable, stretchable clothing and tennis shoes.

**Shotgun—Instructors: Al Means and Carol Stewart**

You will have the opportunity to learn gun safety and shooting techniques specific to shotguns. Includes clay pigeon shooting. Firearms and ammunition will be provided in 20 and 12 gauges. You may bring your own cased firearm, but it must meet safety approval of the range instructor. **Prerequisite:** BOW Firearms Safety class or hunters' safety certification card.

**Stream Ecology—Instructor: Dan Cincotta**

This course will be an introduction to aquatic creatures and their role in an aquatic ecosystem. There will be some lecture time, but most of the class will involve hands-on learning so be prepared to get wet.

**Stream Fishing – Instructor: Zack Brown**

Learn where and how to fish streams and everything from techniques, lures, habitat, to how weather affects your success. Participants are encouraged to bring their own equipment, but equipment will be provided.

**Prerequisite:** Basic knowledge of knot tying and casting.

**Trapping—Instructor: John Slaughter**

Learn to be a trapper... We will teach you the techniques of baiting and setting traps to catch mice, nuisance box trapping for chipmunks, or setting a snare or a steel trap for bobcats and coyotes. Remember to watch your fingers.....

**Turkey Hunting and Calling—Instructor: Curtis Taylor**

Learn the basics of wild turkey hunting from understanding wild turkey behavior, preseason scouting techniques, shot placement, and equipment selection.

**Upcycled Jewelry – Instructor: Tammy Shuff**

Take items destined for the trash and transform them into unique wearable pieces of jewelry. By adding a few jewelry findings, you will learn to create “green” earrings, bracelets, pendants and pins to take home with you.

**The cost of this class is \$10.00.**

**Wilderness First Aid—Instructor: Cheryl Brannon**

Class members will learn to splint, control bleeding, and to safely move injured people. You will also be provided with an overview of several medical illnesses and environmental injuries and/or illnesses that may be encountered in the outdoors.

**Wildgame Cooking—Instructors: Debra Walker and Dee Robinson**

In this class, you will be preparing fresh venison and trout in a variety of ways. Cutting, storing, and cooking the meat will be demonstrated in this class, and you will be able to share the results with the rest of the group at our Sunday closing ceremony. (If you would like to purchase a book, the cost is \$11.50. You do not have to purchase the book to take the class.)